



SENIORS INC (aka The Little Bay Coast Centre) NEWS SHEET

August 2020

SPECIAL GENERAL MEETING OF MEMBERS

Monday September 14 at 10:00

North Hall

2 Curie Ave, Little Bay

The agenda of the SGM is the Constitution of the Little Bay Coast Centre for Seniors Incorporated. More details on this will be circulated to members by separate correspondence from the President, Christine Kilcran in coming weeks.

ANNUAL GENERAL MEETING

Monday October 12 - 10:00

North Hall

1ST PRINCIPLES TRAINING

FIRST AID TRAINING

6 hours over
2 days

Monday August 24
Monday August 31

2pm - 5pm

The Cottage
Corner of Pine Ave & Ewing Ave
Little Bay

\$120

Payment required in Advance:
Eftpos, Cash, Cheques,
Credit & Debit Cards Accepted

ESSENTIAL FIRST AID SKILLS FOR THE HOME AND WORKPLACE

HLTAID003 PROVIDE FIRST AID

Nationally accredited unit of competency

Our First Aid training providing participants with qualifications to be a First Aid representative in many workplaces and other required situations. This course is often referred to as Apply, Senior or Level II First Aid.

The course we deliver is highly practical and focused on real Safety Scenarios that you can put into practice

WHAT YOU WILL LEARN

- CPR and defibrillation
- How to manage an emergency
- The basic structure of the human body
- Management of severe illness
- Practical treatment of burns, bites, stings, poisoning and internal injuries
- You will learn and practice treatment for broken bones, management of bleeding, eye injuries and hypothermia
- How to treat head, abdominal and chest injuries
- Recognition and use of EpiPen™ for anaphylaxis
- Management of asthma incidents

Registration and Bookings Essential E - admin@coastcentre.org.au
T. 9311 4886



If staying at home these days during the pandemic has made you feel blue, our volunteers are here to chat to you and offer tips to brighten your days.

Call us on
9146 8420

Supported by the



SENIORS INC (aka The Little Bay Coast Centre)



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 3pm - Monday to Friday



Gwenda Goddard has won our 2020 Challenge in Class Attendance.

In 8 weeks between launching the Challenge in February and the NSW lockdown 8 weeks later, 89 year old Gwenda beat everyone by attending 30 classes.

Her Prize is two nights for two at the Carrington Hotel in Katoomba. Congratulations Gwenda



Farewell & Best Wishes to our much loved and respected former French tutor, Joe Fleming.

Joe has retired after more than 10 years as an exceptional and distinguished Tutor, Management Committee Member, Treasurer and Public Officer.



While we've been at home, lots of members like Pat, Margaret and Sue and President, Christine Kilcran, have been knitting, crocheting and embroidering beautiful things to donate to babies and children in local facilities. If you'd like to contribute too, chat to us in Reception.



Block prints, relief prints and mono prints by the artists from the **Wednesday Art Group** at The Coast Centre

Wednesday 12th August till 9th September 2020
In the New Gallery Space

THE COAST CENTRE GALLERY
AT LITTLE BAY
2 CURIE AVENUE,
LITTLE BAY, NSW, 2036

Printmaking@
The Coast



Blooms Pharmacy Coogee have given us 12 enormous bottles of hand sanitiser. This is great and will save us precious funds. Photo: Isla Price from Table Tennis on Tuesdays and Thursdays shows off the generous donation. Thank you Blooms, Coogee.

HOW TO MAKE A FACE MASK WITH FILTER POCKET AND ADJUSTABLE WIRE SEWING TUTORIAL

Please note: This mask is not a medical mask and is only designed to help keep your hands away from your face

The SMH has a good simple pattern and instructions -

<https://www.smh.com.au/politics/federal/multiple-layers-best-when-making-a-fabric-face-mask-20200723-p55ern.html>

I prefer the craft passion patterns:

<https://www.craftpassion.com/face-mask-sewing-pattern/>

but they are a bit confusing to follow.

Advice is the 3 layers is best

1. the outside layer is Water-resistant fabric such as scuba knit, enviro-cloth (polyester / polypropylene) could try cutting up a pair of running shorts for a water-resistant fabric layer – make sure you wash them first – or a reusable “green” shopping bag if you're after a sturdy alternative to enviro-cloth.
2. Inside layer blended fabric – a polyester /cotton blend or wadding or a thick homespun fabric
3. Lining in a pure cotton/water absorbing ...I have used up lots of 100% cotton Quilting fabrics

Using fabric from your home stash is a great option.

Find a filter...vacuum cleaner filter, paper towels or tissues or even a fanny pad!!!

Mary

Dr M C van den Berk

Tutorial - <https://youtu.be/BCJcE-r7kcg>

Mary teaches art the Centre on Tuesday afternoons between 1 and 3pm.
Her class resumed on 21 July.

